

Bad habits are hard to break. Ask anyone who's tried to stop smoking. Other habits don't have to be broken, just modified a little.

For instance, it's easy to forget about screwdrivers, glasses, wrenches, lighters and pens that you carry in your pockets. Easy, that is, until the item falls out of your pocket and shorts out a battery or plugs an opening.

It's also easy to forget that rings and watches can cause electrical shorts or get caught in moving parts. You could end up losing a finger or worse.

And one thing you won't soon forget is a system or equipment shutdown caused by something as simple as a paper clip.

Play it safe. If you need to change your work habits, do it! When you're on the job, always empty your pockets and remove all jewelry.

